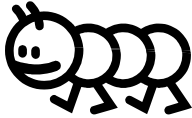


Name of Activity: Discover the Food Groups: Hungry Caterpillar
Purpose of Activity: The children will make a sock caterpillar, identify a favorite food item, and associate foods with a food group.

Suggested Grade Level: Pre K-1

Materials Needed: Discovering the Food Groups: Food Guide Pyramid Poster, food pictures and food group containers, old socks, cotton balls, and glue



Physical Activity: Discover the Food Groups

What to do:

1. Give each child an old sock and three cotton balls to glue on the sock and make a puppet.
2. Let the sock puppets dry.
3. When dry, let every child have a turn introducing their puppet to the class. Ask them to tell the puppet's name, how old it is, etc.
4. Place the food pictures and containers on a table. Ask each child to have their puppet pick out a food they like to eat and have the puppet put it in the correct food group container.
5. Have the puppet tell the class what the food is, why it is liked, and what food group it belongs in. Thank the puppet and tell it how healthy it will be.
6. Give each child a turn sharing their puppet and picking foods for the food groups.
7. Discuss the importance of eating fruits daily at school lunch, school breakfast.
8. Make Fruit Salad Cones or cups.

Fruit Salad Cones

Ingredients	6 Servings	24 Servings
Large bananas, sliced	1	4
Mandarin oranges, drained	One-half 15 oz can	Two 15 oz cans
Miniature marshmallows	$\frac{1}{4}$ cup	1 cup
Pineapple chunks, drained	One-half 20 oz can	Two 20 oz cans
Strawberries, sliced	1 cup	1 quart
Low fat lemon yogurt	$\frac{3}{4}$ cup	3 cups
Ice cream cones or cups	6	24

Method

1. Combine bananas, oranges, marshmallows, pineapple, strawberries, and

lemon yogurt.

2. Spoon into ice cream cones or cups.
3. Serve immediately

Serving Size: 1 cone $\frac{1}{2}$ cup fruit

Nutrition Facts:

Per Serving: Calories 108; total fat 1g; cholesterol 2mg; sodium 23mg; total carbohydrates 25g; dietary fiber 2g; sugar 8g; vitamin A 2%; vitamin C 71%; calcium 8%; iron 5%

Suggested book to accompany activity:

The Very Hungry Caterpillar by Eric Carle, New York, NY: Putnam Publishing Group

Reading and Writing Model Content Standards

1. Students read and understand a variety of materials.
 2. Students write and speak for a variety of purposes and audiences.
- In grades K-4, what the students know and are able to do includes:
- Using a full range of strategies to comprehend materials such as directions, nonfiction material, rhymes and poems, and stories.



NUTRITION SERVICE SUPPLIES FOR CLASS INSTRUCTION

Lesson: Discover the Food Groups: Hungry Caterpillar

This form must be submitted to your kitchen manager **three weeks** before the nutrition education instruction day to provide time for ordering items needed. It is extremely important that if the class is cancelled to let your manager know as soon as possible.

Teacher Name: _____

Classroom: _____

Date Needed: _____

Time Needed By: _____

Food Items Needed	Quantity Needed	Paper Items Needed	Quantity Needed

It has been repeatedly shown that classroom nutrition education enhances the consumption of all food groups, especially fruits and vegetables in school meals. Thank you for your efforts to provide students with the knowledge and skills needed for lifelong healthy eating.